







Amesbury High School

October 2007



If you have any questions, please call: Andie Simard, Director of Dining Services at 978-388-0507

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Choice of Sandwiches & Salads</u> Featured Specials: Chicken Caesar Wrap; Chef Salad	2 <u>Choice of Sandwiches & Salads</u> Featured Specials: Chicken Caesar Wrap; Chef Salad	3 <u>Choice of Sandwiches & Salads</u> Featured Specials: Chicken Caesar Wrap; Chef Salad	4 <u>Choice of Sandwiches & Salads</u> Featured Specials: Chicken Caesar Wrap; Chef Salad	5 <u>Choice of Sandwiches & Salads</u> Featured Specials: Chicken Caesar Wrap; Chef Salad
	8 Columbus Day! No School	9 <u>Choice of Sandwiches & Salads</u> Featured Specials: Egg Salad Sub; Italian Chicken Salad	10 <u>Choice of Sandwiches & Salads</u> Featured Specials: Egg Salad Sub; Italian Chicken Salad	11 <u>Choice of Sandwiches & Salads</u> Featured Specials: Egg Salad Sub; Italian Chicken Salad	12 <u>Choice of Sandwiches & Salads</u> Featured Specials: Egg Salad Sub; Italian Chicken Salad
	15 <u>Choice of Sandwiches & Salads</u> Featured Specials: Vegetable & Cheese Sub; Salami & Cheese Over Tossed Greens	16 <u>Choice of Sandwiches & Salads</u> Featured Specials: Vegetable & Cheese Sub; Salami & Cheese over Tossed Greens	17 <u>Choice of Sandwiches & Salads</u> Featured Specials: Vegetable & Cheese Sub; Salami & Cheese Over Tossed Greens	18 <u>Choice of Sandwiches & Salads</u> Featured Specials: Vegetable & Cheese Sub; Salami & Cheese over Tossed Greens	19 <u>Choice of Sandwiches & Salads</u> Featured Specials: Vegetable & Cheese Sub; Salami & Cheese over Tossed Greens
 	22 <u>Choice of Sandwiches & Salads</u> Featured Specials: Turkey & Cheddar Sub; Chicken Salad Over Mixed Greens	23 <u>Choice of Sandwiches & Salads</u> Featured Specials: Turkey & Cheddar Sub; Chicken Salad Over Mixed Greens	24 <u>Choice of Sandwiches & Salads</u> Featured Specials: Turkey & Cheddar Sub; Chicken Salad Over Mixed Greens	25 <u>Choice of Sandwiches & Salads</u> Featured Specials: Turkey & Cheddar Sub; Chicken Salad Over Mixed Greens	26 <u>Choice of Sandwiches & Salads</u> Featured Specials: Turkey & Cheddar Sub; Chicken Salad Over Mixed Greens
	29 <u>Choice of Sandwiches & Salads</u> Featured Specials: American Sub; Turkey Chef Salad	30 <u>Choice of Sandwiches & Salads</u> Featured Specials: American Sub; Turkey Chef Salad	31 <u>Choice of Sandwiches & Salads</u> Featured Specials: American Sub; Turkey Chef Salad	Due to the High School construction project, the school lunch program will feature cold luncheon options only. We will be serving a variety of sandwiches and salads. We appreciate your understanding during this transitional year. From all of us at Chartwells Dining Services, we wish all of you a successful 2007-2008 school year.	

All meals are served with bread, fruit (juice, fresh or canned) and choice of milk (low fat or chocolate)

Student meal prices: Regular lunch: \$2.25 • Reduced lunch: \$0.40 • Teacher Lunch \$3.00 • Milk: \$0.50

* Menus subject to change

	Daily offerings:	Assorted pre-packaged sandwich and salad combination meals
	Daily offerings:	This symbol represents "Balanced Choices": These are "better for you" menu options which have been prepared to contain less dietary fat, cholesterol, and sodium.

Visit our Website at www.eatlearnlive.com to sign up for the Chartwells Parent E-Newsletter